



Spaghetti Sauce with Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



182 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black
- 84 ounce canned tomatoes crushed canned
- 3 cups cauliflower chopped
- 1 teaspoon basil dried
- 6 large cloves garlic chopped
- 0.3 cup olive oil
- 1 onion sweet chopped vidalia® (such as)

Equipment

sauce pan

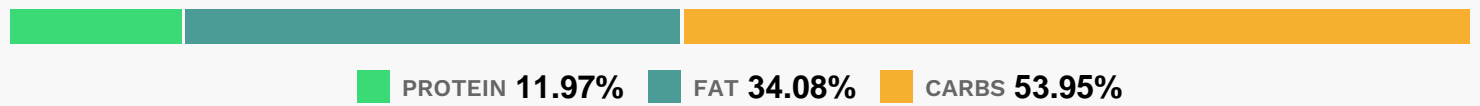
pot

Directions

Heat the olive oil over medium heat in a large saucepan or soup pot, and cook the garlic, onion, and cauliflower, stirring occasionally, until the cauliflower is browned and tender, about 30 minutes.

Pour in the basil, black pepper, and crushed tomatoes, and simmer until the sauce is thickened and the flavors have blended, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:6.68, Inflammation Score:-8, Nutrition Score:18.965217372646%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 181.5kcal (9.07%), Fat: 7.74g (11.91%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 20.67g (7.52%), Sugar: 15.92g (17.68%), Cholesterol: 0mg (0%), Sodium: 408.12mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin C: 48.15mg (58.36%), Manganese: 0.7mg (35.01%), Vitamin E: 4.75mg (31.65%), Vitamin B6: 0.6mg (29.96%), Potassium: 1047.57mg (29.93%), Copper: 0.59mg (29.68%), Fiber: 6.9g (27.62%), Vitamin K: 28.16µg (26.82%), Iron: 4.34mg (24.08%), Vitamin B3: 3.91mg (19.53%), Magnesium: 70.55mg (17.64%), Vitamin B1: 0.26mg (17.58%), Folate: 70.06µg (17.52%), Vitamin A: 642.22IU (12.84%), Phosphorus: 126.91mg (12.69%), Calcium: 125.23mg (12.52%), Vitamin B5: 1.13mg (11.34%), Vitamin B2: 0.19mg (11.16%), Zinc: 1mg (6.63%), Selenium: 2.55µg (3.64%)